

Pilgrim Cooking

INSTRUCTION GUIDE

For use by TIME Zone
1st Grade

Revised October 2011

Pilgrim Cooking Station

Permanent Items for this station:

- One Copy of Goody O'Grumpity by Carol Ryrie Brink
- Goody O'Grumpity's Handy Hints
- Ceramic Crock with Wooden Utensils
- Wooden Food Masher
- Mortar and Pestle
- Pewter Pitcher and Mug
- Wooden Mug
- Two Toaster Ovens
- Pilgrim Cooking Station Banner
- Goody O'Grumpity's rhyming pie pieces game
- Food Glorious Food Worksheet
- Pencils
- Napkins
- Small Cups
- Plates
- Hand Sanitizer

Items to be purchased by the APT (check closets first for leftovers)

- Jiffy Biscuit Mix
- Dominos Cinnamon Sugar Mix
- Ocean Spray Craisins
- Smuckers Low Sugar Fruit Spread
- Pam spray

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Activities

1. Make Spice Cakes.

- Tell children they are going to bake a spice cake. Please have them clean their hands.
- Follow Spice Cake Recipe (see attached)
- As Spice Cake/biscuit is baking, look at the crock ware, pewter, and utensils as they prepare their spice cake.
- Refer to the websites for information on pilgrim foods and utensils and discuss with students.
- Give them their own spice cake to eat. They can add jelly, raisins, or cinnamon sugar to their cake.

2. Share Information on Food at Plymouth Plantation

- Using the computer links, talk about pilgrim cooking and kitchens. Talk about the lack of refrigeration and how the pilgrims kept things cold. Talk about the lack of ovens so the hearth was the center of the kitchen.
- Talk about the variety of foods eaten during pilgrim times.

3. Read Book.

- Read Goody O'Grumpity aloud to the children. Ask them if they notice anything about the rhythm or pattern in the book (rhyming words)

4. Delicious Rhymes

- Help Mrs. O'Grumpity put her pies back together! Each pie is made up of two or three rhyming words from the book Goody O'Grumpity. Read the words and fit the rhyming words together to make a pie. If the pie puzzle fits together to make a whole pie, then you have helped Mrs. O'Grumpity!

5. Berry Estimation

- Have children guess how many dried cranberries are in the jar by writing their estimates on the BERRY ESTIMATION SHEET. After all have guessed, tell them how many.